

The Virtual Meetings Committee Invites All

To

Triggers

Constructively Navigating Emotional Recovery

This is an open event, all are welcome

This interactive event will present a panel of people who will share their experience, strength and hope- followed by questions posed by attendees- to be responded to, based on panelists' experiences.

Sunday, May 7, 2023 at 7:30 PM (Est)

Zoom ID: 864 4058 2693 Password: Virtual

[Or click here to join](#)

**If you need to attend by phone you can dial in
to: 929 205 6099 Passcode: 5732498**

**Interested in getting involved with the VMC?
For more info, please contact the committee at
virtualmeetings@aarockland.org**